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Some observations on the Causes & Prevention of Drunkenness &c.,

Or an Inaugural Thesis,

by John H. Gibbon. Penna.

admitted March 18th 1822

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"If I may to establish a single principle of Government, writes the Duke of Sully, it should be this, "That good laws & good manners produce each other." But such is our unhappiness that we never perceive this valuable connection, till corruption & bribery have been carried together to the highest pointy; so that among men the principle of good arises, always, from the extremity of Evil."

I have been led by moral considerations to make some observations on the causes & prevention of Drunkenness:— The great neglect of physical truths, — the advance & mischiefs of the vice — the intimate connection of the mental emotions with the affections of the Body — the unhappy confusion in which the causes & effects appear to be intermingled, & which the present improved state of physical Science seems to demand an explanation or an attempt to define the division & the operation of each.
The manners & habits of the labouring class of the people, particularly, who are so much addicted to the destructive habits of Drunkenness, by

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which the habit dispositions are brought into action forming habitual demand — be especially open to consent. —

I have been impressed with the idea that the Desire of drinking ardent Spirits is often not under the influence of the will — or at any rate, that the inclination so far surpasses any power of reasoning against it that it may in many cases be entered into by an instigation of the System or of Nature to obviate some offending circumstance — That the relief afforded induces the habit, which by continuance is itself a demand. The excessive use of ardent Spirits, probably by the alteration of the circulation by specific changes on the material of the Blood, has most effect on those parts of the System previously disposed to indisposition — but in those, called generally, of good constitution, makes partial action on the Stomach & differs its sympathies to the other parts of the Structure, particularly the Brain, derranging & confounding the Ideas — these impressions in time subside leaving as their effect, debility languor & stupidity — and unfortunately the habits

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ignorance of the people are such, that they again hazard the same results to obtain ~~the~~ a temporary relief from this state, which they have already found ardent Spirits ~~have~~ will afford them — Thus we have constantly, many capable originally of profitable employment becoming the most worthless depraved or so bewildered or intoxicated that they cannot be depended on. — In the country the advance of this baneful mischief is truly alarming — There we have neighbourhoods but can give a long catalogue of unfortunates of this class — Many are of that description who are said to take only occasional frolicks, — that is, they are drunk 2, 3 or 4 days during which time they expend or lose much of previous earnings to the detriment of large families (which there more frequently have) which have also to bear the insult, abuse & disgusting filth of the miserable husband who when his excess is finished, repents probably for a month or two & then is attacked by another paroxysm — I wish not attempt to describe the increased miseries resulting from such habits in females — nor the aggravations

"and that the bottle is introduced at every social

rising from state more abandoned excesses
we must endeavour to take a calm view, if
possible, of the prevailing means of propagation
of this complaint. I am credibly informed that
in some settlements of our country, children as
soon as they can hold the bottle to their heads
are induced to drink whiskey by their parents.!!!
Thus this disease is perpetuated from generation
to generation to be a blot & stain upon our na-
tional character & a constant blight to domes-
tic happiness — a defect which must alloy
all our pride of Country if it shall continue
to be pursued.
It is said that in the outskirts of our city children
are supplied with whiskey by the penny worth
I have seen men offer ~~whiskey~~ the bottle to chil-
dren in the Harvest field insist that it would
do them no harm, altho influenced by the purest
benevolence of their system they have refused, bearing
testimony to the same truth the best testimony as the men.
A director of the County poor house tells me
that nearly all there have been intemperate
in drinking — Dr. Rush mentions that by an

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inquiry instituted at his request at the Penn.a Hospital, 13. of the whole number of maniacs confined there became so from the intemperate use of ardent Spirits — I doubt not that every thoughtful man is impressed with the prevalence of this Evil. — To obviate our fears of the Malady at the state it now is, some means should be resorted to by those delegated to consult the interests of the nation by their counsels to alleviate it. Among a certain class the high price of liquor would be an obstruction to its unlimited use & any rate it might prevent drunkards from training their child in ~~to~~ similar habits. An instance was given me in which a man was induced by the claims of ~~a large~~ his family to refrain from drink tho' bent of it would at any time guzzle at another ones expence — but this he could not often do without contracting such an inclination as might easily baffle his former principles, as I shall endeavour to shew how intimately the mind is connected with the affections induced by this cause — This man's constitution was good also to be free till from

It is well known what danger attends fractures in intemperate persons - death very frequently ensues. I have heard a case in which the leg was fractured & ankle joint luxated by being jammed between two hogs heads - the patient was an intemperate man & admitted that he drank 3 quarts a day - Dr. Mister amputated the leg the ligatures & dressings were properly applied - but an alarming hæmorrhage came on & could not be repressed - the popliteal artery was tied without effect but not adhesion fortunately occurred after the artery had been tied near the groin - the delicacy in the coats of the artery to take on the adhesive inflammation was referred to the peculiarity of constitution for intemperate habits as the vessels were not affected.

I have since been informed that Dr. Physick was present at the operation

the tube of a hay waggon both the wheels passed over his legs causing horrible complicated fractures - but he is now doing very well - the bones have united. He has had very little fever. '21

Intemperance in every thing is hurtful excess in one way leads to the commission of per the extravagance. In vain shall we attempt to oppose obstacles to this most growing of demons unless we are able to trace it to its fources the ultimate causes & induce it

So frequently are those, who have delivered themselves up to the allurements of this deceptive enchantment, held as outcasts by their relatives - denounced & deserted by friends - despised & contemned by all - whereas if considered in the light in wh I think it ought to be - they might be favoured rest & careful nurses & sympathy - not only by their friends but also as an example of the effects of human effort.

But for those who have advanced to a certain grade, reason is useless & coercion necessary - they are in every sense insane, & thus considered should be restricted by law from the use of their property liberty for the public safety, as much as common

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manners — I believe in one of the New England states there was a prohibition or law for preventing habitual drunkards from the benefits of their having this I think cruel ~~[illegible]~~ & probably had a little effect in deterring from intemperance. as hanging does from robbery in England.
All true political economy must be founded on physical ~~truth & observation~~ or the legislators will only rain fanciful side theories, repeating the plain & simple regulations by which domestic happiness is insured by the which nations are bicfsed. — The manners — the every day habits of the people should be examined & regulated, as far as possible, by ~~prudent~~ instruction & merciful precautionary measures, when tending towards ruinous practices. The health & prosperity of people do not depend on the population of the country but on the industry virtue information of ~~their~~ population — I would desire to see every individual in the State abstain, if disposed, to drink wine or other liquor in moderation, but I would wish to have them prepared to resist excess. — I have heard it said that

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if the intemperate were by law to be put under guardians lest in some parts of the country they could not provide trustees, so far have the intemperate the majority — too many here this is not so — but I think there should be some incumbrance laid upon the easy access to ardent spirits by wh the rising generation is injured. Drunkenness is generally referred to Habit, which should mean, that the constant use of liquor has caused a man to drink to excess — and tis supposed by some that as habits are easily left off — the man who continues to get drunk is merit to blame — but does analogy from the actions of men under other circumstances warrant this speculative facility in casting off what are called Habits. Let us consider what this term means physically — Richerand tells us "that in two persons who had been left handed, on dissection the blood vessels going to the left arm were found largest" — here habit was dependant on the greater facility of nourishment afforded to the left limb — in left handed persons the habit is from childhood not acquired but natural — that is dependant on a physical cause.

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There is always a cause for Habit – Habit is an uniformity in action – maintaining constantly effects natural to the cause – but if the cause be changed the effects are varied – if there still remains possibility of change – the cause may not be obvious. –
I think, for the most part, there need to form a drunkard some predisposing causes in the system itself which induces to drink – then if this temptation be indulged the desire of drunkenness is generated wh. is modified in its character in different persons by the predisposing cause to their circumstances.
There might be mentioned an accidental cause, as in persons inclined to follow more ardent spirits than they otherwise would, as there in wrong hands but here either there is desire formed by the action on the stomach immediately tos trying its intelligent character or there is some predisposing cause, or else there will be manna to avoid ardent liquors.
The keeping company with intemperate people is not an immediate cause – as all persons in such company dont get drunk – but all exciting causes should also be guarded against
Among the predisposing causes may be not mention

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an hereditary taint? At the same time let us believe that the predisposition of the system may be changed & I cannot lay much stress on this. Carelessness in ~~eating~~ drinking, eating, especially activity of certain qualities, whereby the healthy state of the stomach is changed thirst induced, by which means persons are led to take the bottle to obviate the effect without being conscious of the first cause why neglect of it. — Any manner which may tend to weaken or prevent the healthy action of the different viscera — more particularly the stomach — also poisonous activity or the fumes from lead or in painting &c. — And certain diseases if not properly attended to may by the debility & distress they occasion lead those who are not under proper control to resort to drink. Want of employment is frequently a predisposing cause some of the most dangerous —
Grief & fatigue the different emotions of the mind are causes but not immediately, as these have their causes in the condition of the system we should endeavour to shew — also why are those those who are not amenable to them, as those

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Neither do I consider that climate has such an influence as some are disposed to give it — tho' undoubtedly it has effect. — I think we should strive to reduce as much as truth will allow the causes of this disease, consider it as much simplified as possible — Ignorance must certainly be brought in as one of the most prominent causes, as among this class there are so few resources for the satisfactory wile of life either domestic or of extraneous nature. But there are also those who have the advantages of Education the various enjoyments of society who fall by ignorance of physical laws too much neglected; — or vitiated by the perversions of civil life in too great a degree, are insensibly led to practising of dissipation intemperance. Simplicity, temperance cleanliness in the habits of early life, with healthy natural exercise and attention to useful objects may do much to insure against the evil — But physical infirmity particularly of the stomach, especially if derangement in affairs be added, is the principal cause — if this be so how can health be too much regarded?

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In these cases friends should be warned of the necessity of early, vigorous & strict measures in diet, exercise, cheerfulness, employments of every kind — By the judicious physician other stimulants are cautiously resorted to, which do not tend to impair the faculties of the mind but to strengthen them, by invigorating the body — But how unnatural & repulsive is it to see such an one an outcast from his former friends, who are now his enemies, & left to rove thus fast his mind — whereas they might as well avoid an acquaintance with one who had an intermittent or the Gout.

That some exercise may be had for those who avoid public company with a drunkard I dont deny — but habitual drunkards should not be permitted to go into public — they should be under charge of physicians or if dangerously demand — The example of these habits is as bad as a pestilence & should be regarded as such by a board of health — It is an unclean position which should not be permitted to increase or show itself abroad — but be confined within limits by friends or the police — Habitual drunkards, not only those who are never sober but if possible such

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as are in frequent habits of intoxication, who though they may occasionally recover some portions of their reason are ever imbecile in judgment & character — should be rigorously guarded to form a radical cure. In this manner by regulating their ~~lives~~ living & caring for them — by kindness, but carefully promoting constitutional changes particularly by the most natural & simple means many I think, may be redeemed & society be relieved for some dangers. — Drunkards should not be neglected for there are certainly instances of reform after long continued intemperance — tho' they are rare — probably from neglect & ignorance of the means of cure. — The great part of dangers, I believe, are as much under our control to prevent as drunkenness — being generally the effects of same kind of intemperance.

The French have a proverb "Ventre faim n'a pas d'oreilles" — the hungry belly has no ears — So the demand stomach instigated by the desire of ardent spirits cannot be controulled by all the truths of reason or religion but must be reclaimed by direct physical means — as the Brain is affected

By instructing drunkards that there are means of enlivening the mind besides the pernicious use of ardent spirits, we have more certain influence over them than by the details of moral duty w.h they are generally incapable of appreciating.

only in consequence of the affection of the stomach, manifested in a very striking manner by the effects operating in restoring to tranquility the nervous, enabling the patient to express surprize at his former strange sensations. — The stomach must first be regarded not only attention paid in the medicines administered but also in every thing providing tonic — changing invigorating its action by simple natural nourishing diet in small quantity — relieving the mind by baths, exercise tranquillizing in moderation — chalybeats — volatile alkali tonics, sea bathing, sea fort all the soothing at the same time strengthening means at the command can procure.

Fits of drunkenness are entered into by some for years they have intervals of recovery which by proper attention might be taken advantage of — the system with surprizing pertinacity upholds itself to sustain such repeated attacks — ~~during~~ the wretchedness & misery endured both by the patient & his family during this time ought to be sufficient inducement for our endeavours at improvement.

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"The Brain, according to Mr. John Hunter, depends on the Body for its impression which is sensation; & the consequent action is that of the Mind."
The time is rapidly advancing, I hope, when it will no longer be deemed offensive to believe that the Deity acts by general rules laid down from the commencement of the Creation & that he has endowed Man with the means of investigating his laws & applying them for his advantage & happiness in this world: and this can only be, as appears from all beneficial discoveries, by making these laws a rule of conduct, keeping the simplicity, regularity, dignity & beauty.
The knowledge that the physical structure & organization has influence over the mental faculties must be the best source for Charity toward the passions misguided actions of mankind — for there is a natural communication of physical infirmity — this without influencing the first laws of society.
I saw a boy with constant violent action of the Heart, which had continued a number of years — the pulsations could easily be noticed

The senses have been limited to five - these consist of certain mechanical provisions accommodated to different vital powers to which nervous fibres are just so differently arranged for conveying peculiar impressions to the mind - But every organ of the Body is also thus provided the internal structure of the Body is quite as intricate & complex in the diversity of its nervous appropriations I think it probable that every one communicates impressions to the Brain of the actions performing in them - these will vary in health & disease may be the causes of harmonious or natural affections & the sole regulated system, also produce what are called passions & feelings in a deranged state.

The alterations of the Stomach the liver - the spleen the lungs &c. have all their different sensations modified in a variety of ways by peculiarities of the affection of the individual.

outside the clothing - He was subject to occasional violent fits of passion, which were referred entirely to the organic affection by Dr. Parrish who attended him.

Corvisart mentions that "in several cases of persons who attempted their lives by suicide adhesions of the pericardium & pleura were found", suggesting "to what uneasiness, anxiety & anguish, while in certain instances the adhesion of the pericardium to the heart indeed, capable of rendering the burden of life intolerable?" -

We often hear of cases of self destruction in persons who had no apparent cause for such despair - The Scriptures frequently mention "affecting heart" The Jews from their sacrifices & attention to physical science probably had noticed the occurrence of this organic appearance - (3)

It appears impossible to separate our ideas of Body & Mind in the living system - as the mind can only be affected by an action on the senses either external or internally the Body performs according to its state of derangement or perfection in its wonderfully minute & intricate organs, according

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to the impulse of the first impression. If the Body be imperfect it may either change the impressions made by external objects as in cases of perverted vision or of difficult hearing — or alter the disposition in the mention of the mind by which its purposes are not fulfilled. — We may compare the mind to light the Body to an reflecting ~~body~~ mirror which if perfect, casts a true normal reflection, but if it be in the least flawed or spoiled or imperfectly formed the similitude is obscure or distorted changed tarnished.

Sterne has expressed this intimate connection by remarking that "a man's body & his mind are exactly like a jerkin to jerkin's lining; rumple the one — you rumple the other —"

According to the condition of the Body the action of the mind is perverted or wrongly directed — but we must have a view to the intricacy & variety of the internal structure as well as the external appearances.

Moral causes, as they are termed, are very frequently the effects of prior physical causes w.h are not manifest — Sofaddon prosperity has been con-

14 And I think by guarding against these bodies being causes the exciting ones will be harmless as the fire from a flint and steel would be unless without the addition of tinder

presented among the causes of inebriation – but it can only be so in a system predisposed to it by some latent physical cause, is by proper precaution, I doubt not, it might be prevented. The predisposing causes are in the system – the exciting causes are various as climate, variations of temperature &c. '41

A man in perfect health will enjoy his life whatever may be his circumstances – the examples are numerous in which persons of very straight hand means have by labour with cheerfulness attained extreme old age – while the most abundant means will not procure happiness without health. But perfect health in fact is very little known.

Unfortunately too often when physical infirmity is the cause of discontent, tis sought to form moral apparent cause which in effect only acts as the other predisposing. – By calling insanity from Drunkenness a disease of the mind I ~~think~~ we are deceived – tis, I believe ~~the primarily~~ symptomatic of diseased Body – The mind I think cant be diseased – tis only a change of position ~~of position~~ – The Body complains the Mind acting by which this Body fulfills its

151 Alcohol seems also to have an inherent tendency to the Brain thus inducing them to undue action by means we cannot explain causes thus peculiarly to be effected.

functions of course with the perfection from the defects of its agents. — The Brain Nervous System appears the seat & particular agents of the Mind — the brain is the residence — the nerves the messengers of the Mind — by them it communicates receives intelligence from every part of the Body by means of their different arrangements, which constitutes the frame, communicates with external objects — but if the nervous communication be destroyed the mind cannot gain true information nor convey its wills to the part thus insulated. — I am rather inclined to place the causes of Chorea, most generally, to some organic or particular local or general affection of the system, which naturally affects the Mind — considering its apparent effects as Schirrhous of the liver, inflm. of the Brain &c. as designating the parts predisposing to the disease bearing the greatest share of its violence. 151

"Sprue, says Plato, has with great propriety adopted the laws of Crete, for they are founded on the rules & dictates of reason & equity & have a natural tendency to render the people who live in subjection to

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them opulent & happy" — One of their laws forbade "the Cretans ever to carry their festivity so far as to intoxicate themselves with wine" — a large bowl filled with wine & water which went round the company from one to the other was the only drink they were allowed — none but the old men had a right to call for more wine —

The ancients were more particular in their diet baths &c. preventing the temptation to intemperance in liquor by other harmless & salutary enjoyments — In their account of persons of the greatest eminence they always note the manners & habits of life as contributing to it — in fact the person of any experience will perceive how much his abilities depend on the most trifling circumstances of his physical state. Who has not in his memory the peculiarities of men eminent in the various branches of literature & science & I doubt whether if deprived of their favorite beverages or singular habits we should now admire the fancy & brilliancy of so many of them — But the fancy & imagination are elicited by particular means, judgments do not always attend, contrary

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manners in others may produce the pleasing, the simple & yet distinctive style — He that wishes to preserve his mind in vigor & purity or desires to elevate his fancy & extend by the imagination can only do so by physical means — however he may not be aware of this, I think a good physician will discover it in many ways — Milton — Johnson — Addison to one good examples — Archimedes by fasting continued without interruption the course of his calculations — the disturbance of meals has in some cases short the most pleasing impressions — in others has obviated melancholy revived the drooping — the can not act on the Mind directly — but only thro' the medium of the Body — as this medium is conditioned — so with it convey its intelligence well or ill to the Mind. — In a man deprived of the use of his eyes from childhood — his mind is not capable of having an idea of color — describe to him scarlet "yes", he tells you, " he conceives your meaning — tis like the sound of a trumpet" — this proves that he is not deaf tho he demonstrately

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but the mind varies & judges according to the means of comparison which the times afford. Not a successful surgical operation would give to this person ideas wh. otherways he could never have.

The air is sufficient to affect the mind — how much more reflect of disease the body — In the Island of Minorca the S. & S. E. winds are by much the most unhealthy — In cold seasons they blow the air is foggy & affects the breathing; but in the summer season they are fatally suffocating — our excessive description of heat is then an universal complaint, for exposing the thermometer to the rays of the sun the mercury has frequently risen above the 100th degree.

The Romans in the American climate of Italy as long as they preserved those manners of temperance & activity under which they were first trained continued to abhor the vice of drunkenness — Actually shut keys, by which the women might obtain wine, were equally punished with death.

This punishment was likewise inflicted by other nations upon magistrates who offended by drunkenness — Their wise people was tastily

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During activity both bodily & mental there is
less demand for intemperance [in drinking] - tho' cause is there
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& meagre diet, of their effects rest & demand. &c causes
A want of variety in diet may occasion de-
sire - not a great variety at one time - for "many
dishes make many diseases" Seneca says -
but a proper diversity in the varying seasons
that nature by her profusion seems to offer.
It is in vain that we commend recommend
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despise the simple means they resorted to, to effect
the most ennobling virtues in perfection - The
temperate & simple diet with certain [necessary] cleanliness
universally enjoined & practised must first be re-
cognized ~~& practised~~ from our vitiated habits
abandoned before we can hope for their
sentiments & feelings - I think there is a proverb
which declares that "like habits make like
minds" - we must restrain the ungovernd

particularly induce spirits within the limits of achieving salutary effects — then from bursts away by intemperance the wildest passions most debasing effects follow as its consequence. Among the Romans & Greeks there was a proper combination of physical exertion joined with intellectual rational enjoyment — we have now an affectation of mental improvement, forgetting or ignorant how much one is dependant on the other.
It is impossible for me to refrain from noticing the numerous instances of minute & most physical knowledge given in the Old Testament, with which I have been frequently struck — I have been led to estimate those laws & maxims therein prescribed as the aids of a Divine Intelligence to assist us in perfecting our knowledge & finally joining that peace & tranquility which has been the avowed inclination of all ages — how illy soever their measures have been calculated to advance or maintain it.
By physical health & strength we are enabled to judge & appreciate the benefits that surround us — too few unhappily have this capacity —

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the rules which physicians lay down at the present day for the prevention of relapses to insure an avoidance of disease on their whole Moses gave the Israelites to be the constant guide of their conduct cleanliness temperance were enjoined by laws besides several other regulations founded on the truest principles of Philosophy.
I think the physical maxims which Moses so strongly enforced upon the Jews were certainly calculated to make them the shrewd intelligent people they are confessed to be – but prevented hitherto by the instituting of almost all governments the prejudices of the people from pursuing the life which their laws were calculated for, namely Agriculture, they have been forced to exert their ability in the intricacies of Commerce trade which they have improved by several inventions – except in Poland where they are in great numbers as Agriculturalists described as a noble looking race of men.
Many are inclined to think that their laws were only adapted to the climate of Palestine – but their dispersion proves that they have effect under

16. I wish instead of so many public taverns there was some encouragement given to public baths that the poorer class of people might have an opportunity of joining relief in this salutary way for improving which public must constant indeed - many of them live so much like the Brutes that they cannot feel their superiority over them. I think it of importance to the higher classes in society to attend to the comfort & cleanliness of the poor as they depend on them for the preparation of their food &c. every one is charmed wt. neatness then wh. that has any idea of it.

very climate, tho' only so partially pursued, & constantly influence them to the same tendency & character — that those laws, which inculcate most strongly first cleanliness in their homes & persons — temperance with abstinence — as also fasting with mirth — with the most pure & noble conceptions of the Deity — are agreeable to the first their abstinence so became to them is the best proof. I attribute in great measure the disposition for Drink, which so powerfully prevades our country to the great neglect & ignorance of the effects of the proper apartment of diet & cleanliness — which produces various affections of the mind tho' the medium of the stomach & outer surface of the Body particularly medium & intemperance for the purpose of allaying the distress. 61

I mentioned to many respectable gentlemen in the country my desire to have some knowledge of the habits of living of drunkards before they were confirmed in intemperance so that when — they had their senses they considered first indeed it. "Oh!" said he, if you wish to know the habits of living in the country among the working class generally, they are those — to get food but &

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pork three times a day – as much fat & butter as possible – so when they can get drink ? – how it the then actually in hard working man ~~may~~ have been thought not injurious to injure – yet I think if those who boast of their temperance in drinking would try them a few weeks, they would feel less inclined for a spare water diet.
Brandy then an article which in those of weak stomachs particularly have a direct tendency to affect the Brain & dull the intellect – if it be considered in what quantities they are taken by some we may have an idea why a certain class are absolutely poor their habits operating – dull ignorant. — There is also in the country especially among the poorer class a great neglect of good cooking – I know those who seldom take any meat, as Butchers do not frequent very poor & salt fat meat is that generally provided – but live on milk – butter – fruits – vegetables & the farinaceous articles &c. tomatoes by boiling &c. They are uniform by sober. There is the same idea among the ignorant in the country as in England among the Miners, as Dr. Franklin states, who thought very large quantities

17/ and some, like Boniface, make their drink serve them for ale purposes

of beer taken necessary to enable them to perform their work — but he found that bread & water were sufficient to enable him to outdo them. These gross descriptions of food enter also to a great extent from their exciting the stomach without considering how much liquor afterwards aids this. Drunkards are generally, and in every instance I have noticed, till the stomach has lost the power of retaining food altogether, large voracious eaters — making use of coarse indigestible food in large quantity — but are two causes which prevent the mind from possessing sufficient energy to succeed. — On the contrary as a general rule those who are temperate in their eating are so also in drinking — altho' these cases do not always hold good as many water drinkers are large feeders. I know a robust young man, aged about 28 years, who has lately left off drinking whiskey altogether the lately we seldom can meet now — he has taken a pint of whiskey daily he says to try whether the effect was advantageous to his work being former, I did continued it on account of the needless expense — in him also the inclination for

(7)

(181) A friend informed me of a man who in the intervals of a paroxysm determined to leave off drinking — as the inclination advanced he felt the greatest misery — but thought himself resolved — in his distress he exhibited a large bundle of red herrings hanging up to dry — he eat a considerable quantity which relieved the demands of his stomach by this hobby measure, using the herrings whenever he feels an inclination to drink which by he has redeemed himself from the habit.

drink may be considered hereditary – he eats butter bread – vegetables, tea, milk, water only as drinks. It is really astonishing how long a man may continue to exist while in the vile habit of debauchery – There is a person in the neighbourhood in whom I lately visited & who by report uses half gallon of whiskey daily – he has been intemperate 25 years – he now sweetens his liquor, beginning bad with as soon as he wakes – for 2 years he has eaten very little tis constantly drunk – does nothing but drink – he complains now of pain in the stomach head – is very robust & quarrelsome.

It has been proposed to take away from a drunkard or new his allowance of ardent spirits to ~~spend his and~~ nurse his recovery – In some cases I can conceive it might be fortunate, but not generally – In cases of fracture in very intemperate persons a large allowance of liquor is generally necessary or the most alarming & dangerous nervous symptoms come on. Some stomachs act differently on liquor from others, the action may be diversified by many causes & different times in the same person.

191 In the noble forms of the Indian warriors from the Mississippi who lately visited this city we have an example how vigorous both in body & mind man may become without the aid of ardent Spirit – I was surprized & pleased at the vivacity intelligence & social conduct among them; so distinct from what I have been in appearance & behaviour from the ill featured strugglers who ~~have been~~ vitiated by Rum have before appeared among us

From the earliest date whence accounts of the use of wine & knowledge of its effects — but the excesses of our own time appear to exceed those of any epoch, probably not excepting ~~those of~~ the debauchers of the Ancient Germans — But with them drinking was a religious national ceremony upon the meeting of assemblies to adjust differences or among the method of conducting war — With the uncultivated Savages of our own continent excess of this description was not known till civilized man dissipated them; & many nations still have health enough to resist the bane. 191

The stomach has ever been considered the seat of the Soul, by some ancient philosophers, from the obvious rank of its importance in power over the animal economy — It has been called the Conscience of the Body — Many of the lower classes of animals exist with very few of the organs which man boasts as possessed of but without a stomach, I believe, no one exists — This organ in Man has the greatest influence over his faculties, for it on the other parts of the system depend for the supplies necessary for their growth, functions &

110 Lord Bacon justly calls the Stomach "the father of the family;" for if it goes wrong the whole Body suffers.

Lecture on Health.

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existence — By means of the gastric liquor so long
given eliminated in the process of mastication &
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the articles conveyed to it — It is subject to several
disease its accounts that in all complaints of
the stomach there is depletion & sadness — when
the stomach is sick, all parts languish —
The food taken into the stomach is designed to
supply blood — after several nervous processes — the first of
which as, I have observed, is its solution by the
~~gastric~~ liquor of the stomach, which is effected by
means of an action of the nerves of the coverings
of the part — by what process we are not able
to decide — but the case with which this is
effected probably causes the comfort & satisfaction
we experience when in health after a grateful
meal — This solution of the alimentary matter in
the gastric liquor is called chyme, which passes
into the duodenum — is commixed with the bile
& pancreatic juices & is further changed into
chyle — certain parts of this are taken up by the
~~lymphatics~~ lacteals — conveyed by particular channels
to the right side of the heart & there subjected with the venous blood

(D) as well as the improvements of Modern Chemistry

* But the peculiarities of Dr. Franklin's diet at different times appears to contradict this statement, probably his attention was given to the affection than was usual with him.

while ~~it~~ air in the lungs has pervaded the system, to the influence of the lungs, whence it passes again attend by an effectual process to every part of the System to perform, increase change by its diversified operations simplifying the future means of support life. — Are the means by which the aliment we daily use is converted into the different Substances contained in our Bodies, the various secretions eliminated, explained satisfactorily & intelligibly? Why should we suppose that the quality as well as the quantity of food does not modify functional actions as well as that of medicines — the practice of physicians the opinions of all parts of mankind are against the supposition that it does not — (D) We are accustomed to take animal food constantly to live on a vegetable diet for a few weeks — he will describe to you precisely bodily & mental changes — though I recollect Dr Franklin tried the experiment & thought he received no change. — Le Gallois on Life supposes that "general Life, the existence of the individual is produced by a certain impression of the Arterial

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Blood upon the Brain & Spinal Marrow; an impression which when once made, has always a duration which is longer or shorter according to the species the age of the animal; so that life can only be maintained by the continual renewal of this impression." The quality of the Blood I am afraid influences their impressions — Matter has within a few years very much changed its character in our estimation — to no longer the dark, inert mass which formerly it was esteemed — but we find the most simple constantly performing some kind of actions, from the impression of other matter, quite as wonderful & inexplicable as those of organized beings — What then are principles as Electricity, Magnetism & Galvanism which pervade substances seemingly inert, some the most astonishing & useful variations. ~~The sys-~~ Life is effecting of complicated actions too various to admit of generalization in the (& very not then explained) term cannot properly be conceived of without an acquaintance with the rationale & systems of mechanical & chemical arrangements, which

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will not long be denied, I think, to be designed to afford continued delight to our curiosity. That there is any particular distinct principle which exists in the healing of wounds, occurring deranged ~~bones~~ or fractured bones, I firmly believe, though with every deference to the opinions of my respected instructors, that I doubt — we may be told that it is modified by the existing state of the system, idiosyncrasy &c. — but if we can discover that familiar modification of the system or body in its physical relations cause deviation in effects — why do we not at once attribute to this state of physical being those alterations, without calling in the aid of meta-physical terms which have so much bewildered our Science — Why shall we use the Mathematic terms of Nature, Life &c. to give the idea of the operations of those principle agents which have been established from the beginning by the wisdom of the one Supreme Being? — By these observations in terms I am not instigated by mere desire of cavilling but with a wish endeavour to

His directions supposed that there are certain mysteries which we should not attempt to investigate which as proceeding from the fiat of the Deity we should be contented to reverence not to explore. I think that there are no measures so much calculated to impress Man with a proper conception of this Creator than the discovery of those principles by which he has regulated the whole universe. When we have discovered those ultimate physical causes then we are satisfied of the great power which gave them action. But until we gain this information I think it was designed that we should investigate. It is not that the great first Cause is unknown but we desire to know how the various primordial atoms are arranged the actions & passions induced by such arrangement. By this information we fulfil the purposes of our existence & are enabled to improve its

to cast some feeble light on a subject which has been enveloped in darkness by sub-tleties — to do which the first operation must be to throw off the covering which conceals truth. — Can the use of the term "Natural" be otherwise considered than as allegorical drawn from the ancient heathenish doctrines of Religious fancy continued by fancy, probably to perpetuate the supplication of the Holy Name of God? or to please the imagination frequently more satisfied with the Shadow than the Substance? If we reason upon the term abstractedly in reference to our subject, I think we cannot consider it in any other light — as such it must be useless in present Scientific investigation! — We are surrounded with magnificent structures of physiologation, of vegetation — of animal growth & development an infinite abundance of various Radiable phenomena — emitting enlivening the surface & depths of our earth, in the vast expanse the most glorious expressions of the Divine agency — these have been called

(12) Life varies in degree according to the varying action of the animal — Man is most perfectly formed — he has most perfect life man abundant powers this is according to the design instituted from the beginning by our Creator in the peculiar conformation of our bodies I think the action of different salts in taking certain peculiar forms as crystals is as wonderful in a way as the actions of organized bodies

the "Work of Creation" — the time might have been lately fortuitous — but have not many treated themselves to the same time without considering the true intent therefore of the phrase Deceived themselves totally by the figure of speech. The same objections I think ~~will~~ may be made to the phrase "Life" as it has been frequently used among physicians — 1121

A large quantity ~~of the food~~ of the variety of aliments which we daily use after having undergone the various changes with the different secreted fluids is taken up by the absorbents for the use nourishment of the System — A large portion of it is feculent, his a heterogeneous state is discharged as noxious — to my Lecture that by the wise contriving of nature & calculated to be
It is strange that from the variety of these fluids which only serviceable for producing vegetation in the the intricate composition of the entirely we can drink that we should not be able afterwards to detect the portion of a medicine or meat ~~after~~ in the mass of Blood? But some one of the glandular or secreting organs will act as the test & frequently developes the original properties of an article taken into the stomach or food or drink.

(13) When we shall be able to explain the exact manner or mode by which the nerves performing their offices we will be better able to judge of the nature of the changes which take place. The nerves in a mysterious manner modify every action. Thus we are unable to define exactly what are the principles which regulate the various changes in the System.

shewing I conceive that it is not because Chemical action does not take place in the healthy Body but because we have not yet perfected that noble science. (13) Because formerly the most prominent changes of matter were noticed in the widely conceived of processes of putrefaction, fermentation &c. should we with our present knowledge of the extensive power of Chemical action disclaim against it in the healthy stomach? The wonders shown by the pneumatists should, I think cause us to be more careful in our estimation of its limits. Tho' beef tea will not coagulate the stomach: tho' they are altered by its juices — yet mineral poisons destroy it many vegetables — If the vital principle had such power as considered would it allow bile to be absorbed into the system or not cast off or protect against the noxious effects of minerals? If substances act differently on the stomachs of the living animal to the cadaver — are the stomachs to be considered under the same physical circumstances? I think that the perfection of Chemical knowledge will enable us more clearly to understand these changes depending upon rational physical principles

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tho' we can scarcely now pretend to more than from analogy — The Blood ceases to flow tho' the lungs when life is extinct — to do wile declared that the aura of air is not essential to our existence — yet I should not wish to consider the "vital principle" existing in the air — the blood must be present to be acted on — the nervous influence must be excited — the blood must previously be formed from aliments & separating is necessary for the accompanying modification of it — in fine I can not conceive any one principle of vitality — but this idea I think will be divided ~~into~~ away the different parts essential to the existence of the animal — the grand vital principle is in the decomposition of the old four elements. the who rules over all

he may, in some measure, compare the animal system to a Mill either for wind or water — The machinery is arranged ~~either~~ in mathematical proportion by the Millwright, & the wheel, or the sails if a wind mill, acts as the lungs — give it water or air this set in motion but there must be a supply of grain or the Mill is useless or destroys itself by its own action.

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we are as yet but little acquainted with the principle which decides the unfailing or hazard of proving kind) afford some habits of living are such that we seldom have power to reason from their effects. But I feel my reasoning from the experience of deranged stomachs. I will relate the circumstances. I had always been subject to very damp cold feet - any load of bed clothing at night did not prevent the sensation to be finding that half a dozen blankets beside my great coat, to have clothing even wearing stockings in bed while at College did not prevent it - I began to adopt a mode of prevention in my habits - considering that by habit the action was continued I resolved to change my habits of living entirely so that if by great constant exposure to cold I could not obviate feelings which continually harrassed me - This I commenced on my return home when about 14 or 15 years of age I began in the fall by omitting ~~any addition~~ as the weather grew cooler any even one of bed clothes - by early rising which I was accustomed to - abstaining from sheets to keep - stocking must come to bring

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about a change – While at St. Mary's College Baltimore I had been used to sleep on a hair mattress – this I continued – I was in a private room by myself & did not allow any additional clothing to be left in it – Tho' the day I took as much exercise as I could during School hours, about 9 at night I always went out to walk – would run several squares to fatigue myself – Gradually as the winter season advanced I was many hours awake in bed enduring extreme cold – waking even after my exhausted frame had endured transient sleep watching for morning – but little working to prevent, & glad when ~~was~~ the light of morning appeared to quit my bed – For about 3 weeks of cold weather I endured much, for a single sheet over me & another under next to the mattress was all I allowed myself – but in about that time I gradually began to perceive less inconvenience & more comfortable condition – By continuing the same plan of exercise, temperance in living & exposure I had no longer cold feet – I walk them with impunity in the snow water in my walks & for several years after never used a blanket to my bed.

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but the addition of a thin coverlet was made rather I believe for the appearance of the bed than my necessity. On very cold nights in the midst of winter I have been awakened - I found myself in a perspiration under a heat & coverlet which was rather thicker than usual, as ordinarily the heat was not much thicker than the sheet - I recollect being at a settlement near Philadelphia. Nothing how I wished to sleep - the servant made fearing I should freeze, as it was very cold night placed a blanket between the sheet & coverlet I had put out the candle without examining the bed - but was surprised as an unusual thing at my being unable to sleep - after tossing about a little I put out my hand to throw off the quilt when I felt the addition to the usual covering - by throwing this off I was relieved from all uneasiness. — For several years I had been accustomed to periodical evacuations of bile in the spring & autumn - # I would be seized with violent headache - this I had frequently - got to be so round by sickness which the relieved by bilious vomittings - take a moderate dose of # I was very fond of butter not large quantities.

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medicine as Lee's pills or Glauber's salts the week in a day or two. In the Spring 1816 I returned to Philad. having ~~been absent~~ spent about 2 years in the country engaged in agricultural ~~[illegible]~~ pursuits — the following fall I failed in my usual health vomiting, &c. & think also in the spring — I was much confined during the winter & summer early the next season having apprehension of the necessity before long I took passage in a small vessel going to the Eastern shore of Virginia — I had been blistered with constipation which was not obviated even by large draughts of sea water did not procure me any relief — I felt afterwards, from the rolling of the vessel outside the capes, feverish heat but no pickings of stomach — in fact this organ appeared to be in an insensible state, scarcely desiring any thing, ~~but tea~~ salt fish was the only article I relished — the roast beef, cyder, ale wine, brandy, &c. had been put up for my voyage — I used occasionally a little wine & water but without much gout — On my arrival in Virginia the change of scenery, for every thing was in full verdure in May, relieved my inactive

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sensations in travelling 15 or 20 miles the easy roads were shaded by a variety of foliage I was somewhat cheered - but some indescribably in the functions of the digestive ~~organs~~ apparatus constantly depressed me by the cordial hospitable treatment of my Virginian friends with whom they necessary I should dine, dance &c. I was prevented hurying such due regard to diets &c. as might otherwise have aliened me - finally I became too unwell to proceed my friend proposed as I intended a journey that I should make the best of my time take a dose of Calomel, the favorite drug - he gave me, I suppose a Virginian dose - my mind has been much depressed often - but the effect of this seemed to give me a frenzy despair - I felt in a condition which in some degree explained why suicide sometimes occurs suddenly without the person having displayed previous design. I could almost have destroyed myself from the misery resulting from my sensations - the energy of the mind was nearly lost - the long debility of my stomach had no doubt caused the medicine to act directly as a poison. This organ did not

(131) The stomach seemed sometimes so much relaxed & powerless that it would not respond at all to the injection of food except a large quantity was taken when the sensation seemed only to depend on bulk & distension affecting the adjoining parts was almost painful – whereas when by a prolonged regulated animal diet was pursued a few mouthfuls of food occasioned a very perceptible contraction of the viscus by eating slowly the appetite was much more speedily satisfied to which I had formerly decisive notice.

possess sufficient vigor to counteract it.
For 12 months or more after this I was unable to perform the necessary evacuations from the bowels without artificial ~~suppository~~ suppositories of tobacco, for which I used segars, with great benefit. I was obliged to use the utmost caution in food as some unfavorable activity would demand all the powers of the System to aid consciously expel this foreign substance —
I noticed constantly the different impressions on my mind, according to the state of my Stomach & bowels — at one while I much depressed at others by extreme temperance exciting the Brain especially about an hour before dinner by smoking part of a segar I have had very agreeable sensations to flow of pleasant thoughts nothing tending to the pursuit of study. The segar diminished my appetite (which in some measure I thought depended on want of energy in the stomach to form its relaxed state) without taking it away entirely — 1131 this enabled me to fatisfy the stomach with a smaller quantity to digest, which its powers required — I never eat elegants, always

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using from table if possible before it appeared
there was my first improvement – I was not
prepared to understand the state of the pulse or
make other observations – but the effect on
my mind I shall always remember.
But I became still more simple in my living –
I procured a dozen of the best fresh unpressed Smyrna
figs – these I used regularly solely with water to
my bread for 2 weeks 3 times a day & sometimes
in the interval – after this time I substituted
a measured amount of stewed boiled or roasted
mutton, a morsel half as large as my hand
with a single cut of bread some tumbler of hydrant
water 3 times a day at regular intervals, every
6 hours – by this course I effected a perfectly
healthy condition of the alimentary canal –
put my mind at ease – rose from 4 to 6 in
the morning went to bed at 12 – slept in a
moment as my head was on the pillow & had
my senses immediately as my eyes were open.
I very generally walked to Schuylkill before sunrise
& bathed. I gave up my cigar & have never smoked
since & shall not for pleasure.

114 I find they both have a tendency to disturb the health of my digestive organs in a short time I become so well reconciled to other diet that I am not desirous to return to them - My stomach is offended also by any substitutes for them in the form of warm liquids. In the summer I

My extravagance in putting such a sudden change on my system from heat to cold, tho' carefully done - the rather large quantity of fat provision taken in the country - dissipation of mind wearing - sudden change from active in the country to sedentary employment, confinement in town, & the want of my usual manufacturing, all conspired to bring on the affections of my stomach, which however I do not now regret as they have been the source from great information to me. I had been very liable to what is called sick headache - by leaving off the use of butter of which I was immoderately fond not eating any fat or oily substance I have relieved myself entirely - I am afraid it depended in great degree on that or by numerous to that diet, I have frequently since brought on the headache in a few days. I have relinquished tea & coffee also tho' any will without either of them - in a few weeks they were forgotten. now distasteful. 114 I am well satisfied of the power of habit as it is termed, but which may be explained considering it an altered action in the body by abstaining from certain

ous fruits should occupy the greater part of both - if possible I never eat till I feel the demand from the stomach - this in the morning in the country when I have been occupied is often long delayed tho' I rise early - by moderation I find thirst is diminished I frequently do not drink at all - before dinner. Goats milk I have found agreeable when I could not drink that of cows.

In winter I usually breakfast on a small quantity of vegetable meat & bread to prevent an inclination for drink till dinner time - tho' I some times eat an apple before dinner. Sometimes a dish of good tea or coffee is not disagreeable tho' I very seldom desire them -

15 And is dependant on an attention to those physical sensations which would guide us to temperance & health

I have found the greatest advantage from slight suppers - I have by omitting that meal occasionally cleansed a furred tongue improved my sensations. But in eating, after I find myself in good health, I yield entirely to the stomach which guides me with great judgement

long and comes new actions than which induce other tastes or sensations - The facility by a little attention is surprisingly great,

When my stomach has been in a perfectly healthy condition from animal food in very moderate quantity, I could tell exactly when I had eaten enough, which by the by is no such easy matter generally, to a days pleasure the stomach appears to contract on its contents, gives a sensation of satiety - & I have soon felt no desire for a greater variety - I have seen green peas & strawberries in their season without having any inclination to eat them - (16) I seemed to perceive the instinct, or internal feeling, which animals in a state of nature have - which I think is the true preservative power! 1st But the cheerfulness - satisfaction - contentment & pleasure which such physical effects caused I cannot describe - & I am impressed from my very great attention to the changes effected on the mind - to regard those powers which are so highly estimated from mankind, as well considered but not well timed to attribute them altogether to the physical sensations which temperance & cool

Medicine I find that about half a pint of good chocolate of some digestible animal substance & very the proportions according to the directions of the stomach – I find it best never to eat deserts but in summer taking winter I can eat a little fruit at or before his meal – I find cloudy, pale delicate the most grateful diluent.
During the intermittent in the country the stomach made every obvious demand for much liquor which I indulged at advantage neither there effect which it usually induced or heaviness be. I by the same intimations are other wine frequently more at all.
This attention is by no means irksome I obey the dictates of the stomach I not contentions with the one. if I disobey I pay for it – I am sometimes invited to eat a late supper of meat – some times of fruit I often take none. I can with the greatest exactness distinguish the natural appetite from the morbid cravings – the consequences of yielding to them

(1) That from any accident has given an object of strong and painful excite in another consider the stomach as a

indeed of necessity for by a language is but to the choice of Good or Evil.

Under different plans of living I have found great variety in my disposition to drink wine - I am sure that when in the Summer I use fruit milk & vegetables principally I feel most less disposition to drink wine - tho' if I use a very abstemious diet of digestible meats with or without vegetables I feel no desire to drink any thing but water. The inclination seems to depend on the stomach - If however I take much meat exclusively I feel this inclination to increase - but if I think of drinking a glass or two of wine I forbear particularly if I partake of the bulk diet generally afforded at our tables - But the system of diet or the stomach, tho' from probably other organs, demands or burns than aids limits to the choice of what is beneficial - Intemperance Hunger or extreme poverty neglect of manners of life prevent this influence have morbid inclinations which should not be opened to the same head. I noticed another action, which was that under certain conditions I could drink wine with much more impunity than at other times, found very enlar-

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ing cheerful effects — but under others especially when the stomach was disturbed with acidity it increased this was by no means habitually in its influence — twas while in this state that I resorted to the figs which are covered with an alkaline farinaceous crust, one part of the process of their preparation being to dip them in alkali — I found them very digestible nourishing — & distinguished their properties in the secretion from the skin. — But while under regulations of extreme strictness — eating very moderately of lean meat, which I often some time varied — keeping however within the bounds allowed by Physicians, drinking water, 3 times a day, I perceived constantly more can figurety of disposition than I have ever experienced by drinking wine. The most satisfactory influence was that on the Brain — My thoughts were tranquil undisturbed by distress of stomach gave me constant employment without interruption, when my attention was not fixed upon some study or occupation I was pained from that irksome listlessness & anxiety which attended on the disorder of the stomach.

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Coffee of every kind produces now the system for the demand of stimulants from the debility induced and Ardent Spirits are frequently used because other means of relief are not known or attended to.

Physiologists, I believe, — are generally agreed upon the design from our formation for animal diet of meats vegetables & fruits — The form of the teeth partaking of the appearance of those of carnivorous animals prepared for tearing & chewing as the cuspidati — & of the incisor teeth of the herbivorous — the length of the intestines is a medium between those of both kinds of animals — showing there is provision made for masticating digesting substances used by both. At the same time the different provision in different climates & different seasons the vast diversity seem to intimate that change is designed temporary — The inhabitants of warm countries especially in India exist exclusively on vegetables & fruits of the Earth too celebrated for cleanliness & sobriety — In extreme cold countries as Kamskatka where there is no variety of vegetable aliment but a constant use made of putrid fish or the fattest kind, fish is not esteemed evil — M. De Lesseps in his travels thro' Kamskatka

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on receiving a visit from some Koriaks, says, "Our principal care was to make them as drunk as possible that they might give a favorable report of our reception. It was necessary to consult their taste, to intoxicate them completely they considered as the very epitome of politeness." These people are prone to indolence, live like the Kamtschadales upon dried fish, the flesh & fat of the whale, sea wolf. The Tsuchi of Jesso have as much in their power to drink wines & brandy as our population have to use whiskey - yet they are conspicuous for their temperance - the drink but very few are confirmed drunkards - The Tsuchi more particularly have been to prevent them in habits of taking a far large share greater variety of fruits vegetables & the meats than any other people except the Kindoos with whom temperance is universal - They at the same time use large portions of meats but generally avoid fats therefore their food so as very much to facilitate digestion - ~~[illegible]~~

It is a curious consideration that the first injunction given by the Deity to man was with respect to his diet, & can in fact are the origin of Evil, des-

187 Because it appears that man has a tendency to corruption if he is in health he escapes the consequences dependant on the attention to decency which as I have endeavored to show in many instances renders the mind apt to despondency & inattentive to those things which otherwise would be the sources of constant enjoyment.

ribed in the best founded tradition, from Eating.
The means of preventing not only drunkenness but
so many other diseases are claiming attention
to diet carefully regulated. I think proper attention
to the stomach skin will indeed to the other. 171
Among the articles not indigestible, for perfect health,
are many in very common use. The variety of meats
might without difficulty be restrained to those of
known benefit. These give tone beyond to the stomach
enable it to exert a healthy action consequently
tone of utility in the economy. Sir Moderation
are probably the most grateful in their influence.
A due allowance of vegetable food should also
be very strictly attended to particularly in the
heats of summer. There are great varieties to select
grateful flavours. I cannot very much admire
the fruit breakfasts of the French in the warm
seasons. I have found them very beneficial to health.
So much was the necessity for fruit enjoined on the
Jews that they were not allowed to glean their
vineyards but were directed to leave some fruit
for the refreshment of the poor & the stranger.
And they were told that they should not

(181) I think the institution of cheap baths for the use of the poorer classes would in some degree diminish the disposition to ardent spirits - used with judgement - the Bath calms refreshes & adds much to the comfort of individuals who from neglect are not aware why they are dejected or uneasy

"those are against those for most" – to make bulwarks in besieging a city – "for the tree of the field is man's life" – The stomach which can be refreshed by fruit may be satisfied without ardent spirits – though in some an animal diet in moderation has better effect – but these effects are modified by the constitution which must be studied regarded & former habits noticed.
The Luxury of Bathing for purposes the pleasure either from eating or drinking bit much increases our enjoyment of both – Those in the habits of Indolence & sloth cant conceive the the enjoyment from it – but persons acquainted with its benefits can illy relinquish them – So necessary did Mahomet think frequent ablution that he is said to have declared, that "the practice of Religion is founded upon Cleanliness, which is the one half of faith the key of prayer" –
We are told that 4000 baths & 12000 gardeners were found at the taking of the famous city of Alexandria by the Arabs – There were public baths many probably of different descriptions to accommodate the wants of every degree of persons – (181) One largest cities I believe do

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Many other persons from a want of sensation, especially those of infatted stomachs from causes - think they require either food or drink - whereas a bath or music if they are fond of it - or else to partake it, the conversation of a lively friend or a walk or ride the view of different objects will change the disposition of the stomach - the principle that the action of gratification of one sense relieves in a degree the action of others should be held in view - the greatest relief is afforded by varying them - But under some circumstances the physician must recognize the necessity of bringing their aids to the patient - as like the bladder in some cases of disease is not obedient to the will so some of these persons have not power of exertion to relieve themselves. — I must place constipation & deranged teeth in the account of injurious agents they both have effect upon the stomach the first particularly very much depresses the mind. The different changes in different parts of the System under a generous temperate regimen, in very short space of time really astonished me - & the pleasure

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which a natural state of my health afforded allowed me also minutely to notice them.

After regulating my stools by my diet for several weeks different muscles were evidently brought into action there appeared an absorption of some tumor perhaps development of other in the upper lower extremity about the abdomen the navel. The absorbents acted powerfully especially when I used nightly foot bath time to but 2 my moderate meals of meat bread water did not eat at night or rather not after dinner. a pu expectoration ~~Expectoration~~ ~~diminished~~ in the morning was always a relief was particularly noticed under these circumstances - & in fact the function, secretions generally, seemed increased - There was a change about the roots of the nails - the cuticle which sometimes terminated abruptly, so that there is a distinct shade between it & the nail - grew over the nails, tied hard closely to them - This as may be observed in children generally & in persons of a particular constitution - I recollect observing the same change when at College at Baltimore about 12 years of age - I had procured a bottle of mercurial in the town induced the Servant to mix me some every day - after

19 Dependant on the unhealthy action of the stomach should we all parts derive vigor.

I think every one must be aware that under certain circumstances of the Body impressions made upon our external senses have much less power over the Mind. Thus in those of a weak & debilitated frame before we would relate any unpleasant news we should be pass the stomach by some gentle stimulant.

See the next page

they have passed the epoch of maturity -
The senses were all affected in the progress of sanity -
Both sight & hearing had been affected by the indisposition of the stomach & also the olfactory & gustatory nerves - he felt the dreams seemed to have depended in an alteration in the action of the nerves - 1791
As this organ was improved by any regulating, the different functions were altered & improved -
The wax in the ear which I had not noticed for many long while was noticed in some quantity -
The saliva was much changed & the mouth constantly covered with a positive sweet sensation, I am sure that there was an alteration in the quality of the fluid - The facility of moving the fingers in playing on a wind instrument I also observed -
Dr. Rush noticed during the yellow fever that while he restricted himself to a particular diet his sense of taste was very much improved in delicacy, enabling him more accurately to judge of the patient -
The taste was more delicate & discriminating & the gratification of food & drink must heightened & the sensations of the stomach more so accurate

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using it some time I noticed the change at the roots of the nails behind it at the time to the mustard as our diet was very plain & simplified. The previous appearance was similar to that which occurs about the gums when they recede from the teeth. During a long fit of indigestion I was constantly on the watch for this appearance at the nails — they always a prognostic of favorable result when the cuticle grew over. It continued my belief from this evidence of their efficacy. The nails also grew more rapidly on recovery — as the white spots which frequently appear would be permanent for a long while during indigestion — but when I began to recruit they advanced nearer the end the nails required paring more frequently. The curvature of the nails in a healthy condition was made defined towards the flesh — but during some distressing symptoms the nails became disfigured — it seemed not so much from natural growth but from effect of expansion — like some vegetables which loose their appearance when

see the last page back

120 The body of the tibialis anticus was increased in length the muscular part was very wedged lower down than before when only tendon was apparent. The calf of the leg also descended.

that unless I had done so wantonly it would have been impossible for me to have eaten or drunk to excess - each part seemed endowed with power to act for its own welfare & to assist its fellows - and now indeed it was that there seemed something like an intelligent principle resident in the body - but as I have endeavoured to show this could not act at its perfection until by the utmost care - diligence & attention the general parts were in that state of perfection for wh. they were undoubtedly designed, which was effected by the regulation of the physical conditions of the various parts of the system thro' the stomach with the aid of exercise & bathing - fresh air.

The alteration in the muscular structure caused also a change in the gait & attitude of the body - there was much more ease in walking considerable lightness - the toes were more drawn in & the foot straightened - [201] there seemed perfect consent in the parts of the body about the loins had increased strength. - The dryness of the skin which had prevailed during the diseased state was gradually altered for a secretion of rather an oily consistence over the surface that this ~~pa~~ by degrees became

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ntirely to any minute quantity sufficient to give
smoothness & healthy appearance to the parts.
I thought that I noticed alterations in the bony struc-
ture of the cranium - the upper back part ~~bones~~ at
the upper of the occipital bone where it is connected
with the parietal appeared to be absorbed. I have
left a depression or flattening there not before noticed. But
I will recollect the different position of the head or
the carriage as it is turned by alterations in the muscles.
These observations I make to impress the effect of
comfort, satisfaction & the from a proper attention
to physical things & to show also how the mind is
influenced by them necessarily.
Why the Mind of a Dyspeptic patient is differently
affected by a vegetable & an animal diet - it may
be beyond the power of Science as it is burnt up
to answer - but the fact is well known & is one of
those which plead powerfully for attending to the Body
which as the work of our Supreme Intelligence is
worthy our attentive study & ~~higher~~ admiration.
My intention has been to show that Drunkenness
is dependant on distress, which is created by impropri-
ety of some functions of the system - which depends al-

121 As we are informed that every one has in his Blood the calculus depositing which only needs exciting circumstances to produce gravel or stone some may in some measure consider that the general habits of living among the lower class particularly have a tendency to those circumstances of ill fortune - domestic distress & accidental disease, to induce the habit of using stimulants to obviate their effects. And that under proper regulation of the Body these occurrences will be in great measure prevented or wholly unprejudicial.

122 As it appears impossible to restrain the use altogether which probably is not desirable, of some stimulant of a noxious or alcoholic character, I should think it a measure of expedient precaution to allow the importation, without duty, of the French claret which they possess a stimulant power in very slight degree might probably be the means of inducing the cultivation of the grape among us. I think they are the the most genteel & potatory that we obtain. would be very cheap also pure.

timately upon the ryhet ignorance of the simplest physical natural causes, as diet in quantity quality - cleanliness - exercise - education - employments. (21)
The idiosyncrasies of the ancients in respect to diet & medicine have been ridiculously noticed by Pope Sterne, Cervantes, the Sage, but we must not be too forward astray - though we do not now use the same ridiculous combinations of medicines as the old physicians we do not reflect to employ many articles they discovered their facts & observations form the basis of our knowledge with respect to the use of wine, which however should be good & not adulterated. I would defend its moderate employment as tending under many circumstances to very salutary influence on the health & mind - but then on the physical means which render it necessary not desirable in some constitutions with certain persons - (22)
Some persons ~~parents~~ are tired their children in the moderate use of wine in early life but when they grow up they should enter into excesses - this may be very judicious according to the general habits of living & the stomach be bene-

~~But~~ There are constitutions which can not bear the use of wine but which are advantaged by alcoholic mixtures. and indeed some who drink diluted brandy or whisky do not use a larger portion of spirit than those who drink the stronger wines.

Those in Society who use little bodily exertion cannot judge of the necessities of labourers in a horvest field or occupied in very severe duties of other kinds. Dr Johnsons ale 3rd

-fitted by its use; and I believe I know instances
where from the best motives some have been in-
-duced by a contrary opinion to deny their children
wine when some peculiar position of the stomach
to cleanse from inactivation to diet has demanded
its therefore driven them to the tavern to gratify
the inclination - this is among lamentable con-
-dition thus brings the ignorance of physical
cause & effect. — At the same time on the
other hand, those who allow children upon in-
-dulgence may induce them to evil habits - not
from the mere indulgence - only, but from derange-
-ments in some of the functions of the economy
there may be distress of mind & the known
effects of the liquor they have been accustomed
to take may lead to excess under the state
of mind & failing debility, bearing them to that
deplorable situation when volition has no
longer power. — I think we may discern that
the leading instigating cause an ignorance consti-
-tution to the physical relations of the mind
that there is a point at which both body
mind become mutually acted by the influence

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speak other - but on either side this line an inadvertance may cause error of an effect too very disproportionate to the evident cause -
The Americans have lately been termed a carnivorous people & I think with most truth - there is too great extravagance in this point the contrary" cause is also prejudicial - true temperance seems to consist in the proper adoption of a junction adapted to climate, season & profession in life.
The temporary relief which dram drink obtain when in a paroxysm is not sufficient to reclaim them - the mind is do not act like vaccination for the small pox - to change at once the disposition to take on the ~~desired~~ instead they action - but many diseases are curable by cord to benefit the various predisposing exciting causes in this way, I think, that of Drunkenness should be avoided.
How necessary is it that Habits of Temperance should be early commenced in Life - How often has loss of fortune domestic uneasiness excited this destructive evil of Drunkenness - and is it not caused by the previous

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habits? — who are they who can resist the misfortunes
incident which occur so frequently but those whose minds
are active made confident by habits of temperance
cleanliness industry which give cheerfulness that
principle, designed by the Deity to attend on such
practices, which satisfaction is impossible to take
away — is constantly depend out on themselves not
on fortuitous occurrences? — The Deity represented
to the Jews that so long as they observed the laws which
he gave by Moses, they should be happy without
disease, but when they neglected them he would
neglect them. — The Ancients have given us
the fable of Jupiter the waggoner to illustrate
the necessity for our exertion of those faculties
with which we have been endowed for the purpose
of self assistance — All ancient religions have
given physical maxims to <u>purpose</u> for Moral action
these have been ridiculed because they have not
been understood those have been attributed to other reasons
but this neglect has led to serious effects.
Nature herself by an instructive influence on a
well regulated system with indeed to temporary
abstinence occasional restrictions variations in

The migration of Birds - the peculiar habits of animals in a wild state & the practices of some beings in their periodical return to the sicken exhibit distinctly the design for variety proposed by the great general laws of the Creator.

diet, — there is in the animal economy a system of vessels, the absorbents pervading every living part, which probably excited only by those parts which would be noxious to us take them up by peculiar changes under them in such state to the different emunctories by which they are thrown off — The action of these vessels we are taught to believe is in an inverse ratio to those of the Blood vessels which supply nourishment. Thus the occasional want of appetite may sometimes be caused by an action in the system tending to restore or continue health which should be as such regarded.

Among the modern society called friends the decorum of sobriety is comparatively rare — their discipline of youth takes in attention to moderation in all their habits simplicity marks both of physical moral precaution. — Let us attend to the mind but not neglect the Body more efforts may be fruitless.

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By the proper attention to diet &c. we may eradicate the seeds of disease if commenced in proper time before their being sown - These seeds, if I may use the simile, may lay which he cast into the soil before there are exciting circumstances favorable to their germination in the body. Many in the belief of full health make it a plea for neglect of these cautions - but how often on such rashly has trusting to the perfection of the fruit which is Death - the final opening, or blasted inevitably by decay or blight - Such persons must not suppose that the disease was sown at the time of the attack but the exciting cause has acted like a flower succeed by heat on a seed which has long lain in a dry soil - the excitement of the moisture warmth causes rapid increase.

Man has been compared to the flowers of the field in his growth vigor decay, this there is effected by the physical relations about him - Why should he not take all the precautions which an attentive Botanist or gardener would to preserve perpetuate what they perfection exist have.

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to the late intermittent remittent fever in the country also may be considered as exposed to the exciting cause but all persons were not equally affected. The remarkable Corporal tells us that "he was for 2 months together along with those detailed to superintend the draining & improving of many marshy lieus of ground during the greatest heats of summer without ever finding himself the worse for the fatigues & inconveniences he suffered, so much efficacy was there in the simple life which he every where led." — I was told of a young man who contracted habits of intemperance by holding spirits in his mouth for a tooth ache. Here must have been a predisposition. But the exciting cause must certainly be considered. Hence careful physicians warn against the practice of giving tinctures or preparations of medicines in alcohol if it can be avoided especially to dyspeptic patients.

Then, earlier in life, for instance I attribute the disposition for the use of strong liquors in a great degree to the neglect of the stomach, as frequently led to an ardent spirit to drink, unconscious that

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to excite the circulation by which the secretions are increased & certain perspirations eliminated from the blood, by urine perspiration &c. In the higher richer classes of society have many means of pellpilling the same end, as by frequent changes of linen better food more cordial richer liquids.

The Tea & coffee both cause sensations in the Brain when they possess any strength may occasion any great invasion of the intellectual functions derangement of the nervous system when used to excess - tho' frequently their effect is but to increase the natural actions as in those of strong stomachs - But the disposition for their constant use seems to me to depend on a depressed state of the ~~[illegible]~~ system - for if the habits of life would take into consideration the more simple means of excitement as exercise - the bath, whosoever found in moderate quantity the proper employment of the different senses - these would excite sufficiently without constant reference to the other articles wh have a noxious effect attendant on their stimulating power when too freely used. As for the descriptions of the bottles which are

(6) Why have the Spartan women so much desired formerly? was it not on account of their education of temperance which gave power to both their bodies & minds. As the bodily structure improves in infancy so the mind advances.
It is a known fact that the deficiency of the mind of children in young infants depends on a want of development of certain parts connected with the organs - as the frontal sinuses &c.
Mothers by adapting their instructions according to the dispositions of the child have much more power over it & can control it by its diet.

very frequently and by persons of weak stomachs who cant take them strong, consisting of very small quantity of sugar & milk mixed with a great deal of warm water, I think them very pernicious - tis a kind of fall to hard to the stomach which is employed in digesting an article which possesses scarcely any intrinsic nutritive property, but acts directly as a further debilitating cause - If I have tested such a dish it has so much reminded me of the hot water taken after an emetic that it almost hardens the effect. This is likewise very unfortunately too often given to children by their old nurses who at the earliest age initiate the infant to the most debilitating pressures of life. (6)
The poorer classes also led on by their kind of pursuing the manners of the rich delight their stomachs with the most wretched substitutes. which if they be drunk from cup or coffee cups unhesitatingly contribute them.
The stimulant influence of coffee seems to be under the same regulations in its effects, tis desired for a particular condition of the system

1231 After patients to whom ones tound to them they are very grateful. tho' they require a kind of Education to know the proper time limits of their employment. There are many poor of the common country people who relish wine. Among them who drink tobacco they take too weak offenses on their stomach as they say. In the most healthy condition of my stomach I sometimes craved cogn I drank it but I have learned to refrain when I doubtful of my inclination with much fatal practice. but I found that its agreeable effects could not lead to an intemperate use of it. In the low forms of fever to use it the other articles with much advantage when good.

Malt liquors are heavy but when taken at meals are often useful. I think wine should more generally be taken during meals not between or after them.

to excite the Brain – when this condition is obviated the inclination will diminish – But the effects of smoking are like those of drinking – its use has gradually lap effect in those conditions of the same faculty demand great intemperance in this way is extend into. Occasional use in many cases is beneficial – I should be unwilling to withhold any praise of the salutary influence of occasional refreshment by a good dish of tea or coffee or a glass of wine – (73)

But to the poorer classes these luxuries are denied when they commit excesses or feel the wretchedness of idleness or the miseries of disease they resort to what is within their means of enjoyment. They use a stimulant which has fearful powers Alcohol is ranked among the irritants it has its own peculiar properties more injurious in its influences than any of the others – Let us guard them against those modes of life which are most prone to entice to drunkenness: let us advise them such employment as shall induce cheerfulness vigour & positiveness to enjoy but not to misuse.

(a) Persons may be intoxicated by smelling or inhaling the fumes of liquors. This is effected by impression made on the nervous structure of the exceedingly delicate lining membrane of the nose & fauces

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From delay in the action of water of drinks of stimulating nature immediately upon the nervous texture of the stomach,[a] we may conceive how much greater a degree of action will be instituted when liquors are taken on an empty stomach or in an undiluted state. When food is taken into the stomach it causes a considerable flow of fluid from the mouths of that organ, which will in some degree protect it, for the food itself may cause an alteration in the properties of the liquor. On that account something should always be eaten before we take a draught of porter or beer &c. But when ardent spirits are taken in an undiluted state they make powerful by sudden impression on the nerves they stun on the brain which returns an excitation to the heart & system generally, this action will not be counteracted by water taken afterward as persons generally suppose. But those whose organs of digestion are weak should refrain from large draughts of cold water. tho' in fever heat the water affords the most agreeable stimulus.

124 Want of memory, inability to attend to certain subjects, studies &c have often found to depend on disordered stomach, lethargy may depend on other causes

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As I have remarked the soundness of perfect health the "Mens sana in corpore sano." I have only to appeal to every one's individual feelings to ascertain how powerfully the Mind is affected by the diversified indispositions of the Body. (24) These sensations are not always of the gloomy cast, they are sometimes unusually cheerful & gay, but the morbid modifications may be distinguished. It is well known that apparent health is not so in reality - some of vigorous constitution, as they are called, are very liable to sudden death or the attacks of disease. Mean the apparently fair, certain ~~actions~~ dispositions will unequivocally manifest unhealthy actions. The perfect temperament or that approach which is nearest to it - which is not only inherited but may be acquired is manifested in emotions proper for the occasions which are consonant - neither grave without reason nor cheerful without a cause. The change in deep - the sight of certain objects the charms of music, the odours of the field the pleasures of the table all affect, change, rouse

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or disturbed the Mind according to the healthy or depraved condition of the organs functions of the Body. It grieves me when I hear this admirable this most wonderful structure destined this regarded by some who have ultimately correct views. The delicacies of sensation are confounded with the effects of chance or intemperate use of those means which otherwise would be wise & healthy — We are too often instructed to destroy the Body this regard the most excellent of the works of God the snare of his own production.

Happiness to me possible, nay very probable, that the action of the Blood on the Heart according to its qualities will render sensations to the Brain of similar character — But this internal sensation is impressed differently by the variety of food taken into the Stomach I feel convinced. We are as yet much unacquainted with the particular action of the Nerves too led by every analogy to believe that that it often does not require great impression to effect them — All the organs & parts of the Body possess powers of submitting by the nerves their sensations to the Brain — this effected effects different

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~~[illegible]~~ parts particularly the nervous of the brain by the most beautiful arrangements gives advice to the Physician, in certain conditions plays impediments to the aggravation by want of appetite, desire of rest &c. The general precautions which have been referred to vital agency. Perfect health is the most desirable of all those blessings with which we were originally endowed. As Dewan is the ~~[illegible]~~ observation from this state has the different parts of the system are affected in proportion to the extent of the injury its diversified displays symptoms demands practice in accordance with unprejudiced observation experienced.

Every organ possesses sensibility by means of its nerves they have communications and held with the ~~brain~~ – thus offer a grateful meal useful unequivocally agreeable sensations when the stomach perfectly performs its office – so also when the liver, spleen, pancreas, kidneys, brain &c perfectly performs their due offices on the action of different stimuli – but when the process is imperfect then the health is deranged then uneasy sensation is experienced which is more or less

(2) It appears to me that the power of fascination is induced by an action similar to assertion as thought is very much increased by certain stimuli. In Beaumes there may sometimes be a morbid secretion. Some persons at particular times are perfectly unable to think. Some to said never think.

according to the extent of the mischief of the fall.
The mind is deranged in consequence. Insanity
has been induced by the presence of a tumor
in the ventricles. And how unless we refer the
cause to some bodily derangement could we
account for the sudden return of the mind, after
mania has existed several years.
As for the manner in which the nerves act &
communicate impressions we as yet know little
but that they are the agents we have no doubt.
It seems to me that we shall discover that the
peculiar action of the nerves modifies every
action of life too. I hope, many possibly be able
hereafter to distinguish in what this nervous
principle consists & how to acquired.
The senses are the only channels which the mind
has of knowledge but the external are a very
small portion of them — from an ignorance of
this fact many are indisposed to gratify the
external senses, which they think meritorious
though at the same time they enjoy themselves
exceedingly by the pleasures of the table which
afford gratification to the internal senses —

(21) I believe it has been an unfortunate thing for the poorer hard working classes that Medical men those who have written on diet have considered that indigestible gross aliments are best adapted for them. — It would certainly be better that we should have less work done by a labourer than be surrounded by a population whose minds are debased by the food they daily consume. If liquors taken into the stomach, have this effect, of which we have too many instances to doubt, solid food may also influence it — but I know that there are those who labour industriously too by for the most intelligent who are more wholesome diets, such as has been considered as too feeble for such employments as those of agriculturalists &c.
The usual diet, as salt fat provisions, many ill cooked preparations, is such as constantly to stimulate the stomach, thus. There are those who say they cannot work on fresh meat or without the strongest most indigestible aliments. But this results from the habits contracted from early youth — had they been educated with more attention to healthy enticement I doubt

I think it was designed that we should employ all of them with moderation. Some have natural dispositions for the employment of one faculty in preference to another.
Under different circumstances of the constitution that is the luxurious habits either of the person or his parents, wine or ardent spirits have different effects. Thus a drunken uneducated man who has been all his life feeding on the most nauseous preparations will be a beast in comparison to the well educated temperate liveer who has by a casualty become intoxicated, in whom probably is excited only in a greater degree the most generous sentiments, which in the other sensuality wine are conscicuous. (d)
Man constantly led astray by his imagination has been induced to think more highly of himself than he ought ~~to think~~ - he has only looked to those illustrious men who have indeed been a model of the character which man should possess, without reverting to those immortal beings who under the same form dwell with many of the same powers if perhaps cultivated

doubt they would be able to endure as much bodily fatigue have infinitely more intelligence virtue - The effect of stimulating food on the stomach is not different from that of drinks I think I am warranted in saying have nearly as much influence on the mind when used to excess - such artists have been called dry drunks. The great institutions & these matters in our adventurous healthy country has I think in fact measure been the cause of the gigantic dancers which we are liable to indulge.

I think that the promotion of the first & the will be found through true holiness in civil religious as well as in domestic concerns to have superseded tyranny & all customs doesn't prevail to within the capacity of (the world?) every individual to procure

display to us passions & propensities unworthy of those in the Brutes. Let us observe the record of our first existence we shall believe that we are formed of the same materials & in a different fashion from other animals. The idea that it becomes the dignity of man to be compared with other animals is of a low kind — we find many of our organs from noble sentiments among them & the influence of Education that our Home is undeniable. Man in Structure is far beyond them but by his habits sometimes proves beneath the meanest — Let us receive those powers which the Deity has granted us with gratitude without Ostentation — they seem small but they will be found great by an attention which a grateful Spirit should inspire which lead us constantly by our actions to love & venerate our Gracious Benefactor.

"For that which befalleth the sons of men befalleth beasts; even one thing befalleth them: as the one dieth so dieth the other; yea they have all one breath;" "All go to one place, all are of the dust & all turn to dust again.

Eulinicus.

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I perceive that I have not made such a distinct arrangement of the substance of this Thesis as might have been done - but the closing, which the near approach to termination of the lecture, have, I hope will in part excuse it.